

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

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Special points of interest:

- *Fall Parent Education Offerings*
- *Youth Risk Behavior Survey Results*
- *JGMS After School Program Fall 2014*
- *Youth and Family Services Committee 2014-2015*
- *Pedestrian/Bicycle Master Plan*
- *Youth and Family Donors*
- *Healthy Bedford/Healthier Dining*
- *International Walk and Bike to School Day*
- *10 Ways to Help Your Child Do Well in School*
- *Unplug in November*
- *Safe Homes*
- *Community Social Services Reference Updated*
- *Veterans Day Ceremonies*

Parent Education Options for Bedford Parents this Fall

Bedford Youth and Family Services (BYFS) has been working with the school and other local groups to offer parent education topics of interest. All events are free but some require prior registration. Check out these offerings.

Holding On, Letting Go: Raising Resilient Children in Challenging Times

Robert Evans, Ed.D.

Wednesday, September 10, 2014, 6:30 p.m. at Lane School

Open to all grade 3 parents as part of Back to School Night. Parents from grade 4 and 5 are welcome with an RSVP to Lane Office at 781-275-7606

All parents want their children to become resilient and confident

but they find it hard to let their children learn the vital life lessons that come from facing challenge and disappointment.

How can parents strike a good balance between helping and protecting their children vs. letting them grapple with real-life issues? Rob Evans will offer concrete suggestions for managing this key dilemma.

Dr. Evans is a psychologist and the Executive Director of The Human Relations Service in Wellesley, Mass. A former high school and pre-school teacher and a former child and family therapist, he has worked with schools and families for thirty years. He has consulted to over 1,700 schools around the country. His presentations are known for their lively wit and plain talk. He

is the author of many articles and three books, including, *Family Matters: How Schools Can Cope with The Crisis in Childrearing*.

Co-sponsored by Lane School, BEST & BYFS.

Talking About Touching

Marybeth Dwyer from Children's Trust (CTF)

Thursday, October 9, 2014, 7:00 p.m. in the Flint Room at Bedford Town Center, 12 Mudge Way, 2nd floor

Appropriate for parents of children through grade 4

Register by calling 978-287-0221, x202

Cont'd on page 3

Inside This Issue:

JGMS After School Program	2
YFS Committee 2014-2015	2
YFS Staff Queries	2
Pedestrian/Bicycle Master Plan	2
Parent Education cont.	3
Risk Behavior Results cont.	3
YFS Donors	3
Healthy Bedford/Healthier Dining	4
International Walk & Bike	4
10 Ways to Help Your Child Do Well in School	5
Unplug in November!	5
Safe Homes	6
Community Social Services Reference Updated	6
Veterans Day Ceremonies	6

2014 Bedford Youth Risk Behavior Survey Results

The Bedford Youth Risk Behavior Survey was administered to John Glenn Middle School and Bedford High School students in April of 2014. Well, the results are in! Keep reading to get an idea about Bedford students' lifestyles and behaviors that affect their health.

The data are largely positive, with improving trends and positive state comparisons for important issues. Our substance use rates are well below state averages across the board. We continue to see declines in alcohol, cigarette, and cigar use. There was an increase in the percent of Middle School students who reported having a trusted school adult confidant. Sexual behavior data show improvement

in the level of condom use after years of declines, and our rates of sexually active high school students are well below Massachusetts averages.

Bullying still continues to be an issue at the Middle and High School, with slight but consistent increases in the percentage of students who reported being bullied at school. There was an overall decline in negative responses (taking part, just watching) and an increase in positive responses (trying to stop the bullying, telling a trusted adult) between 2012 and 2014. Our mental health data is also of concern with consistent increases in stress levels, depression, self-

harm, and suicidality among Middle and High School students. We want no students to see self-harm and suicide as a problem solving technique.

RECOMMENDATIONS

Areas of Prevention for Families:

- Parents are the most important influence on their teen when it comes to risky behaviors. It's important to talk often, listen regularly, and communicate clearly that you do not want your teen using drugs.

Cont'd on page 3

JGMS After School Program Fall 2014

**BABYSITTER
TRAINING**

GIRL TALK

**FITNESS AFTER
SCHOOL**

**SHOOTING &
EDITING FOR TV**

**YOGA FOR THE
MIDDLE SCHOOL
BODY & MIND**

Attention all students that will be attending the John Glenn Middle School in the Fall!

Bedford Youth and Family Services in collaboration with John Glenn Middle School is gearing up for another successful Fall After School program with a focus on the most popular activities including Babysitter Training with Joanna Daley, Girl Talk with Wendy Tanahashi-Works, Maureen McDermott and Bedford High School student leaders, Fitness After School with Libbey Beinert Hunnewell, Yoga for the Middle School Body and

Mind with Nicole d'Entremont, and our always popular Shooting & Editing for TV with Greg Dolan and Brian Dorrington.

Monday activities begin October 20th, Tuesday activities begin November 4th, Wednesday activities begin October 1st, and Thursday activities begin October 23rd. The registration deadline for all programs except Shooting & Editing for TV is October 15th. The registration deadline for Shooting & Editing for TV is September 24th. Space is limited; be sure to sign up as soon as possible to secure your spot.

You can find our flyer and registration form at: www.bedfordma.gov/youth (click on Youth Development). Flyers are also available in our office and at the JGMS Main Office. Also feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at or jessicaw@bedfordma.gov with any questions or concerns.



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2014-2015 Youth and Family Services Committee:

Tom Pinney, Chair ♦ Alison Malkin, at Large ♦ Peter Ricci, at Large
Caroline Fedeale, Selectman & Recreation Liaison ♦ Jeff Wardwell, Police
Ann Guay, School Committee ♦ Caroline Donnelly, Board of Health Liaison

BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & Resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Wildfong, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Olson, Healthy Bedford Coordinator, x260 most Thursdays ~ Safe Routes to School

Ryan Lennon and Bill Linnehan, Veterans Agents, 781/275-1328 or 781-861-0194, x27 - Any veterans related question

Eliot Counselors: 781-275-7727 Julie Williams x261, Lynne Chapas x260; 978-369-1113 Kristen Herlihy x115, Holly Boker x134



Pedestrian/Bicycle Master Plan

Bedford residents often bemoan the traffic issues in town and a desire for more sidewalks and connectivity. In an effort to continue to address these concerns, The Town of Bedford has launched a Pedestrian/Bicycle Master Plan Initiative to improve and prioritize walkability and connectivity throughout our town.

This Master Plan will help the Town identify and prioritize investments to improve the pedestrian network in Bedford. These investments will build on the existing trail and sidewalk network and, in combination with bicycle improvements, give residents of all ages more transportation options for local trips.

As part of the Master Plan development, the Town will be seeking public input through community meetings and online data collection. Announcements for these endeavors will be posted on the Healthy Bedford webpage: www.bedfordma.gov/Healthy-Bedford, on our Facebook page: Healthy Bedford,

in local media and in school newsletters. In addition we will have a display at Bedford Day on September 20th. If you would like more information about the Master Plan or Active Living in Bedford, please visit our webpage or contact: healthybedford@bedfordma.gov

Parent Education Options

cont'd from page 1

"How can I keep my child safe without scaring them? How do I know I'm saying the right thing?" These are questions parents ask when it comes to protecting their children from harm. While parents' instincts are to protect their children from any and all harm, it is also important to prepare them for the real world. This CTF curriculum will provide parents with the information and skills they need to face this sensitive issue. The presentation will help parents and guardians gain skills and language to take an active role in protecting their children. Research shows that children who have been taught personal safety skills are better able to avoid or handle dangerous or abusive situations.

Co-sponsored by First Connections and BYFS.

If you can not make any of the scheduled parent education events or want more parenting information...

To make it easier for Bedford parents to access other parenting resources check out the **For Parents** section on the BYFS website at www.bedfordma.gov/youth and click on the **"For Parents"** link. The goal is to provide parents quick tips about parenting and provide general guidance about how to address an issue with a child or help a parent help their child solve a problem. The website features access to resources BYFS has created or

information that is still relevant. These resources include their "Ask BYFS" columns compiled for BEST Newsletters and selected taped parent presentations through collaboration with Bedford TV and Youtube.

Other parts of the **For Parents** section includes parenting websites that offer sound parenting tips and guidance and print resources that BYFS staff and Eliot counseling staff have found helpful about different parenting topics. There is also a section to ask a general question or to confidentially email the Director.

Please check out **For Parents** at www.bedfordma.gov/youth and click on the **"For Parents"** link.



Risk Behavior Results

cont'd from page 1

- Families need to continue to remind kids about NOT drinking or using any substances and driving, or riding with someone who has, and be sure they can call home for a ride no matter what.
 - Parents can help to keep stress levels down by being certain that kids have a balance between activities, school, and unstructured leisure time.
 - Be sure to spend enjoyable time together so that interactions aren't only about school and other "chores". Eat a meal together, watch a television show, go to a movie, read a book they have to read for school, do a project. Stay connected.
 - If you are worried about your child's mental health, take advantage of Bedford Youth and Family Services mental health screenings section of their webpage www.bedfordma.gov/youth. The screening is anonymous and confidential. After answering a few questions, you will receive customized feedback, educational materials, and treatment resources if necessary.
- You can view the full executive summary of the 2014 Bedford Youth Risk Behavior Survey as well as some of the main survey findings related to substance use, violence and safety, and mental and physical health on Bedford Youth and Family Services website

in November.

We will be working over the next year to share this information as broadly as possible. Watch the local media this Fall for articles related to the data and Bedford's results. We will also be working with youth at both JGMS and BHS to get the results to students in a way that supports their healthy choices

For more information contact Jessica Wildfong, Prevention Services Coordinator jessicaw@bedfordma.gov or 781-275-7727 ext. 262.



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The Residents of Bedford through your Taxes



Healthy Bedford/Healthier Dining

Healthy Bedford is a community initiative striving to make Bedford a healthier place to live and work, where residents and visitors eat well and can be active throughout our community. Through a Wellness Grant made possible with funding by the Centers for Disease Control and Prevention through the Massachusetts Department of Public Health, in partnership with the Metropolitan Area Planning Council we have launched **Healthy Bedford /Healthier Dining** (HBHD) in order to promote better nutritional options at food establishments in our town.

Healthier Bedford/Healthier Dining is a voluntary program dedicated to encouraging simple, nutritious lifestyle options. Our goal is to encourage better choices, thereby making the healthy choice the easy choice. Any restaurant that offers nutritious meal options and seating in a healthy environment is eligible to participate. To achieve a Healthier Dining status, food establishments must complete a simple, one-page application, which includes providing current adult and child menus. In addition, restaurants must be in compliance with all applicable state sanitary codes and licensing and permit provisions. Participating Partners also agree to:

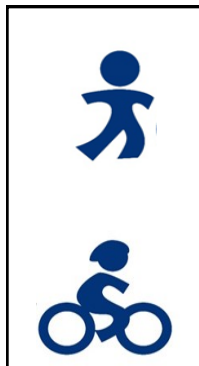
- Offer at least two choices of fruits and/or vegetables (other than potatoes)
- Allow substitution of salad, a vegetable or fruit for fried potatoes (e.g. French fries) at no extra cost
- Clearly designate low-fat, low-calorie, lower sodium, and trans fat free menu items when offered
- Offer 1% milk when milk is offered as a beverage
- Offer tap water free of charge and/or as the default beverage
- Offer some dishes in smaller portion size (e.g., half portion sizes) for a reduced price, entrée sharing at no additional cost, OR a half-meal to go option upon customer request.

Successful applicants will receive a Healthy Bedford/Healthier Dining window decal and recognition for their efforts, including access to free marketing materials and promotional events throughout the year.

Look for the Healthy Dining decals around town, and be sure to patronize our HBHD restaurants!

International Walk and Bike to School Day: Wednesday, October 8, 2014

Make Walking and Biking part of your routine!
Look for these signs indicating walking and biking
drop off/starting points to school:



Visit www.bedfordma.gov/Healthy-Bedford for more information on SRTS, trails, maps, active living and more!

List of Healthy Bedford/Healthier Dining Establishments to date:

Dalya's Restaurant
Firebox BBQ Grille
Sparta Restaurant
Café Luigi
Melting Pot
Subway
Sora Restaurant

For more information on Healthy Bedford or to apply for
Healthy Bedford/Healthier Dining status visit

www.bedfordma.gov/Healthy-Bedford or e-mail Healthy
Bedford Coordinator Carla Olson at
healthybedford@bedfordma.gov



10 Ways to Help Your Child Do Well in School

1. Show you care. Your child needs hugs and words of support. Ask your child about school each day.
2. Read, read, read. Read with your child or have him or her read every day. Make it fun — talk about what you've read.
3. Make home a place for learning. Help your child practice reading, writing, math and science skills. Stimulate your child's creativity.
4. Promote healthy habits. Make sure your child gets plenty of sleep and exercise and eats balanced meals. Schedule regular check ups.
5. Be a role model. Your child learns from you. Be positive about education and show you enjoy learning.
6. Encourage independence. Allow your child to make mistakes and learn to accept their consequences. Give your child responsibilities, such as household chores.
7. Create a study routine. Set a time and quiet place for your child to work every day. Go over homework together.
8. Get involved. Meet with your child's teacher, attend school events and help out at school if you can.
9. Build success. Help raise your child's self-esteem by setting reachable goals and praising your child's efforts.
10. Make school important. Insist on good attendance and punctuality.

from Positive Promotions

Unplug in November!

Try adding more connection to your life in the month of November with the Bedford Families Unplugged Together calendar. Based on a program started in Needham by Jon Mattleman and the Needham Youth Commission in March 2002, Bedford Unplugged Together hopes to remind people that life holds more than what is on the other end of a plug, be it a computer, a television screen, or a phone.

Initiated by the Bedford Community Partnership in October 2004 and supported by the Bedford Selectmen and Bedford Public Schools, Bedford Families Unplugged Together boasts a month long calendar of various activities families can do together without electricity that emphasize person-to-person interaction. The capstone of the month is **Wednesday, November 19th**, when Bedford Public School students will have no homework, evening sports, or required activities and the School and Town will have no required evening meetings. Parents are encouraged to be home for dinner and families can have a night off from their respective "daily grinds" for engagement and fun. The School Committee has arranged for the no homework and no sports while the Selectmen have asked all Town boards and committees to reschedule any of those meetings that might have originally occurred on that Wednesday night. "We sent a letter to all the other community groups asking them to postpone or reschedule meetings from November 19th," reported Sue Baldauf, director of Bedford Youth and Family Services, coordinator of the Unplugged event on behalf of Bedford Community Partnership. Baldauf reported mostly positive responses to the request to postpone or reschedule a night meeting.

In fact due to the success of the program another Unplugged day is scheduled again this school year for **Wednesday, March 4, 2015** with the full support of the Selectmen and School Committee. "Providing respite from our daily, in too many instances, over-scheduled routines just once a year yields little likelihood of making a lasting impression," according to Bedford Public School Superintendent Jon Sills. "Hopefully making Bedford Unplugged a bi-annual event will create greater opportunities for reflection or family time or face to face recreation."

The complimentary Bedford Families Unplugged calendar for the month of November with some suggested and special activities listed will be able to be downloaded for free from the home pages on both the town and the School websites - www.bedfordma.gov or www.bedford.k12.ma.us. Also again this year on the Town website there will be an optional blank calendar with a separate list of activities so families can make their own. Questions? Bedford Youth and Family Services at 781-275-7727

Sign Up for Bedford's SAFE HOMES

The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings. Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that they will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms and other hazardous items. Underage drinking is harmful to kids. Love them enough to say no.

Safe Homes brochures were included in middle and high school mailings in mid-summer. This is a reminder that you can complete the form on the back of that brochure, or you can sign up online via our website www.bedfordma.gov/youth by clicking on "Safe Homes" under the Homepage menu options. Participating families will receive a directory booklet in November containing contact information of others who have joined Safe Homes. Let's join together to keep all our youth healthy and safe.

Pledges Due By September 30th

For more information or questions call Jessica Wildfong, Prevention Services Coordinator at 781-275-7727 ext. 262., or email jessicaw@bedfordma.gov



Community Social Services Reference Updated

Bedford Youth and Family Services (BYFS) is pleased to announce the availability of their updated Community Social Services Reference Guide on line at their website www.bedfordma.gov/youth. Usually published every other year, the Guide offers a revised listing of local resources to help residents with basic information and general questions about local resources.

Paid for historically through Town funding, the Guide has been subsidized and printed in large enough quantities to usually be mailed to the home of every resident of Bedford and Hanscom Air Force Base. Due to increased web utilization and decreased print demand, this 9th edition of the Guide is being made available initially just electronically though hard copies of the previous edition are available at the BYFS office at Town Center building.

A municipal department and a resource for the community, BYFS strives to identify and address the social, emotional, and developmental needs of children, youth, adults, and families in Bedford through programs and services that support and nurture. Working in partnership with all citizens, community organizations, and other Town and School departments, we work to foster a healthy community and enhance the quality of life in Bedford. The department offers supportive counseling services, community education, resource and referral, and youth empowerment and support.

Veterans Day Ceremonies Set for Tuesday, November 11th

2014 Bedford Veterans Day Ceremonies Set for Tuesday, November 11th

Please join us in honoring all U.S. Veterans who served their country in peacetime and time of war. Town ceremonies begin at 12 p.m. at Veterans Memorial Park on the Great Road (next to Bedford Funeral Home). Ceremony will last about an hour and will include opening prayer, singing of

our National Anthem, pledge of allegiance, speakers, and a presentation of a Veterans Memorial Wreath. Attendees are invited to remember a special veteran in their lives by placing a flag on the Veterans Memorial Wreath and sharing the name, military service, and a few words about the honored veteran. Patriotic sing along, firing of volleys by Bedford High School R.O.T.C.,

the sounding of TAPS by Bedford High band members, and a closing prayer will conclude our ceremonies. Contact Paul Purchia (781-275-2464) for more information. (Note: In case of heavy rains, outside activities will be cancelled and will be moved to the lower level in Bedford Town Hall.)

Bedford/Lexington Veterans Services

781-861-0194, x27 Lexington

Monday-Friday 8:30-4:30 Lexington

781-275-1328 Bedford

Tuesdays & Thursdays 8:30-4:30 Bedford

